

# HALIFAX metro®

NEWS  
WORTH  
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## N.S. shows its medal at the Canada Games

The record-breaking golds, silvers and bronzes of the ol' blue and whites

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## Consulate visits Canadians held in Egyptian jail

London, Ont., doctor and Toronto filmmaker were en route to Gaza

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## Generation H.P.?

Prof gives 'gimme generation' a break, arguing that Harry Potter taught them well (and no, not the spells)

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## VACATION? WHAT VACATION?

ZACH FUCALE IS BACK WITH MOOSEHEADS AFTER BUSY OFF-SEASON

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## LUCKY SOCK WINS THE DAY?

Sam Pedlow knocks the ball over the net as opponent Josh Binstock tries to block during the men's final of SandJam Halifax Sunday on the waterfront. Pedlow and his teammate Grant O'Gorman won the all-Canadian men's beach volleyball final in three sets. Coverage, page 4.

EMILY KITAGAWA/FOR METRO

## Pilot killed in ultralight airplane

### Barss Corner man.

One-person plane crashed near New Germany

### The victim

Late Sunday, police identified the victim as Byron Varner, 65, of Barss Corner.

CLARK JANG  
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A man is dead after his plane crashed and burst into flames in Lunenburg County.

Lunenburg County RCMP say the pilot and sole occupant of the plane, a 65-year-old man from Barss Corner, was pronounced dead at the scene.

The ultralight aircraft — a plane which typically seats one person — went down around 10:15 a.m. Sunday morning near the Old Barss Corner Road by New Germany.

RCMP, Emergency Health Services and the New Ger-

many Fire Department responded to the crash scene in the isolated wooded area.

A blaze caused by the crash was extinguished by the fire department.

"The plane was completely (destroyed)... It's just a frame left," said Const. Colin Helm of the Lunenburg County RCMP.

Police will be investigating the cause of the crash. The Transportation Safety Board was alerted to the crash, but will not be conducting an investigation.

The scene was open by 1:30 p.m., with remnants of the plane laying in a wooded area about a kilometre from the nearest road.

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# A record-breaking Summer Games to remember

## On the podium.

Nova Scotia produces all-time best medal haul



ANDREW RANKIN

andrew.rankin@metronews.ca

Lynda Shoveller's pride at Team Nova Scotia's performance at the Canada Summer Games extends beyond the province's record 56-medal haul.

For two straight weeks, Nova Scotia's chef de mission witnessed countless performances by our best athletes. In the end, it's the less celebrated victories she was thinking about on Sunday, the day after the Games' closing ceremonies in Sherbrooke, Que.

At the final tally, Team Nova Scotia reached 36 personal bests, 25 top-five finishes and set six provincial records, not to mention that each of the 20 young men and women on the canoe-kayak team medalled at least once.

"The perspective I have now is how great our youth are and how proud they are of their province," Shoveller

## Mission accomplished

**"Success is contagious, and our athletes kept performing at their optimum levels. Success was had."**

Lynda Shoveller, Nova Scotia's chef de mission

## Final medal totals

- Gold: 16
- Silver: 18
- Bronze: 22

said. "They are truly great people and great ambassadors for our province."

By Friday afternoon, Team Nova Scotia had eclipsed the province's previous Summer Games record medal count of 52, with podium finishes in rowing, heptathlon and the high jump.

"They performed unbelievably," Shoveller said. "All we wanted was for our athletes to compete at their best. When they did, many of them just happened to win a medal."

She admits there are too many lasting memories to name in one sitting. But the ones that immediately come to mind are Tim Ferris's five-medal performances in the pool and Nova Scotia's two gold in athletics, as well as a surprising bronze medal in the triathlon by Dartmouth's Conor Gillespie-Friesen.

"He came into the Games hoping for a top-10 finish, and he won a bronze," she said. "But there are so many special moments, it's impossible to focus on just one moment or performance."

She said the focus now is to ensure the province's amateur athletes and programs that serve them maintain a standard of excellence for the 2015 Canada Winter Games in Prince George, B.C., followed by the 2017 Summer Games in Winnipeg.



Bridgewater's Rachel McIntosh leaps to victory in the long-jump portion of the women's heptathlon on Friday at the Canada Games in Sherbrooke, Que. McIntosh went on to win gold. PAUL CHIASSON/THE CANADIAN PRESS

## Fiscal forecast to be released Monday

The province will release a financial update on Monday that will be delivered by acting finance minister Graham Steele.

Steele said Thursday that Finance Minister Maureen MacDonald is taking time off due to illness. The government has said it would release a fiscal update before calling an election.

The NDP is in the fifth year of its mandate, but does not have to call an election until

next year. The party won a majority government in June 2009.

The government tabled a budget with a surplus of \$16.4 million forecast for the 2013-14 fiscal year.

Last month, the province released its audited financial statement showing it had a deficit of \$302 million for the 2012-13 fiscal year, which ended on March 31.

THE CANADIAN PRESS



Graham Steele METRO FILE

## Brazil Lake

### Man, 19, killed in dirt-bike crash

A 19-year-old man is dead after a dirt-bike accident in Yarmouth County. Police say the driver lost control of his dirt bike on Saturday morning and crashed on Jeans Point Road in Brazil Lake. He was pronounced dead at the scene. The victim's name hasn't been released and the cause of the crash isn't known.

METRO

## South Bar

### Teens hurt after car flips on roof

At least two teens were seriously injured after a car crash on Cape Breton. RCMP say a vehicle carrying three 17-year-old women and a 21-year-old man was found on its roof in the middle of the South Bar Highway in South Bar on Saturday night. One of the women broke a thigh bone and another suffered a head injury. Police say both are expected to recover. THE CANADIAN PRESS



Former MLA

## Mental-health question again delays sentencing for Trevor Zinck

A former Dartmouth North MLA who pleaded guilty in Nova Scotia's spending scandal said Friday he was still trying to find an expert's opinion on his mental health

as his sentencing hearing was delayed for a second time.

Trevor Zinck said he has been trying to determine whether he has compassion fatigue since the hearing was first delayed last week in the province's Supreme Court.

"Compassion fatigue is fairly new to psychotherapists here," Zinck said outside of court. "That's been part of the frustration over the past week was trying to actually

get someone who's actually practising compassion fatigue training."

Zinck pleaded guilty in June to fraud over \$5,000 and breach of trust for accepting about \$9,000 from the Speaker's Office to cover constituency expenses in 2008 and 2009, even though he didn't pay those owed money.

Sentencing arguments in the case are now scheduled for Oct. 1. **THE CANADIAN PRESS**



Trevor Zinck  
THE CANADIAN PRESS

Gunshot wound

## Man with amnesia fit to stand trial for murder, judge says

A Nova Scotia Supreme Court judge has ruled a 50-year-old man charged with the first-degree murder of his wife is fit to stand trial before a jury despite a gunshot wound to his

head that has caused some amnesia.

Judge Glen McDougall ruled Friday he would not ask a jury if Wayne Paul Eisnor is fit to stand trial.

The judge said Eisnor may not be able to relate details of the events involving his wife, but that alone shouldn't prevent him from going to trial, which is scheduled to begin Sept. 4.

**THE CANADIAN PRESS**

# N.S. concludes anti-bullying conference

### Tackling the issue.

About 500 people attended Speak-Up event

Nova Scotia has concluded its first anti-bullying leadership conference, which saw nearly 500 participants of all stripes come together to tackle what is being increasingly recognized as a widespread and complicated issue.

"Bullying behaviour is a complex societal problem," said Kathleen Richard, Nova Scotia's anti-bullying co-ordinator.

"(It) does not exist just in schools — it is a community issue, and to have all of us together for this event, to learn with and among and for each other, is fabulous."

The conference came amid the recent public attention on the death of Cole Harbour teen Rehtaeh Parsons, a case that has generated national interest.

Parsons died after a suicide

### Reporting bullying

- The province has announced it will be launching a website in September for students to report cases of bullying in schools.
- Young people who are either involved in or witness to bullying incidents will be able to make an anonymous report online. That information would then be sent to the school's principal.

attempt in April at the age of 17 — her family says she was bullied after a photo of her allegedly being sexually assaulted was circulated over social media. Richard was one of the organizers for the anti-bullying conference, which brought together youth, parents, educators, government officials and representatives from community organizations.

**THE CANADIAN PRESS**



## Dartmouth Comic Arts Festival draws in hundreds of fans

Local comic artist Kate Leth draws at her table at the Dartmouth Comic Arts Festival at Alderney Landing on Sunday afternoon. Hundreds of people took in the expo, which featured cartoonists, artists, publishers and comic-book dealers. **EMILY KITAGAWA/FOR METRO**

# Province to expand dental coverage for minors

The NDP government says it will expand dental coverage to include teenagers 17 or younger over the next four years.

The government says once

the expansion is fully implemented funding for the children's oral health program will stand at \$9.1 million a year. Under the plan the program

will expand to cover basic treatment for up to 10,000 more people 14 or younger beginning April 1. Each year the age limit will rise until it hits 17.

Meanwhile, the government says it provides \$3 million a year to cover other special dental services.

**THE CANADIAN PRESS**

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# Team Canada gets down and cleans up at SandJam

**Men's and women's finals won.** Four-day event draws big crowds to downtown

CLARK JANG

halifax@metronews.ca

The Canada Cup is staying put in the true north.

Team Canada won both the men and women's finals on the last day of SandJam Halifax, the four-day beach volleyball tournament on the waterfront.

"I think this was a fantastic event," said Sarah Pavan of Team Canada. "It was so much fun to be able to play in Canada against international teams."

Pavan and her teammate Heather Bansley defeated Sara Hughes and Caitlin Ledoux of the United States 21-13 and 21-16 in straight sets.

**Came in droves**

**7,500**

Estimated attendance for the four-day event.

"It feels great," Pavan said of the win. "We had a really, really close one with them yesterday. I was glad we were able to make adjustments, pick up on their tendencies ... so it was nice to see that turnaround."

The men's final came down to two Canadian teams — Josh Binstock and Sam Schachter against Grant O'Gorman and Samuel Pedlow. Pedlow and O'Gorman ended up winning in three sets.

Close to 1,000 people showed up on the sunny Sunday afternoon to watch the finals.

"I think it's exciting volleyball," said fan Keith Matheson of Clayton Park. "It's great to



With Canadian Heather Bansley at the ready, American Sara Hughes dives for the ball during Sunday's women's final at SandJam Halifax. EMILY KITAGAWA/FOR METRO

watch, it's fun, a great venue, perfect weather."

This year's SandJam was the first to invite professional volleyball players to compete in the tournament. Derek Martin, president of Sports and Entertainment Atlantic, said adding the pros brought a new dimension to the event.

"We've seen teams out here that are going to be

competing in the Olympics in 2016," he said. "It's exciting to see the best beach volleyball players in the world right here in Halifax."

Martin said the reception to the pros has been overwhelmingly positive.

"Everyone's saying they can really notice the difference. The athletes are so much bigger, so much stronger, so much faster,

**Home advantage**

**"It's great to have Canada teams in the final. Fans always get behind the home country."**

Derek Martin, president of Sports and Entertainment Atlantic

and it's been impressive to watch."

Canada's presence in the finals capped off a successful week and energized fans,

Martin said.

"It's great to have Canada teams in the final. Fans always get behind the home country."



A near-capacity crowd cheers on the action Sunday. EMILY KITAGAWA/FOR METRO

## Cape Breton drive-in facing tough decision

Phillip and Doreen Evely have been regular patrons of the Cape Breton Drive-In Theatre for many years, typically parking themselves at the venue once a week.

It's a long-standing family tradition for the Glace Bay couple and their kids.

"We've been (coming) here since we were kids," Phillip said, before Friday night's screening of The

Wolverine and World War Z. "It's something that my parents always did for me and it's something we've always enjoyed. We're usually here with our kids. This is very rare that it's just the two of us."

The Cape Breton Drive-In Theatre was opened in 1975 by James and Toulia Sifnakis, on Grand Lake Road just outside of Sydney. Their son, An-

gelo Sifnakis, vice-president of operations, now runs most of the day-to-day operations of the drive-in, which, like many across Canada and the United States, is facing some tough decisions.

Movie studios are phasing out 35mm-film prints and will soon be switching exclusively to an all-digital distribution system, leaving drive-in theatre owners to grapple

with whether to close their gates or gamble that the costs of the digital conversion will pay off in the end.

"I'd love to take the leap but the thing is, is that the drive-in has to become more than just a drive-in theatre," Sifnakis said, noting that to survive long-term the facility must be a true family destination.

"I want to make it into a

recreational park but that's going to take hoards of money and need some government help and so forth."

Sifnakis said he's working to arrange meetings with government officials, and is looking at other ways to raise money for the digital upgrades, which he estimates would cost approximately \$75,000.

CAPE BRETON POST

**And then there were ...**

If the permanent closure of Empire Theatres' Westville Drive-In goes ahead this September as planned, the Cape Breton Drive-In Theatre and the Valley Drive-In in Coldbrook will be the only two remaining in N.S.



# Consulate working to free Canadians held in Egypt

## Arrested Friday.

Men are in good health in prison but cause for detention still unknown

SCOTT  
TAYLOR

Metro in London, Ont.

It was a weekend of worry for Tarek Loubani's family, left in the dark after the London, Ont., emergency-room doctor was arrested by Cairo police on Friday.

But by late Sunday, the Department of Foreign Affairs had confirmed that their embassy in Cairo is trying to help Loubani and his fellow captive, York University Prof. John Greyson.

"We have heard from Canadian consular services that they managed to visit Tarek Loubani and John Greyson in the Egyptian prison facility," Justin Podur, a mutual friend of the two, posted on his blog.

"(The consulate is) going to go back to the prison (Monday) and they're going to try to get them out," Podur said.

Podur said he has no information about why the two men are being held, but it was much worse when family and friends didn't know anything.

Earlier in the day, Loubani's cousin Hanan Loubani said the family was desperate for information.

"We have no idea how to get in contact with him," the Londoner said. "We're afraid, we're waiting for some sort of answer."



Tarek Loubani CONTRIBUTED



John Greyson THE CANADIAN PRESS FILE

"He went down there to offer aid," Hanan said.

"He usually goes to Gaza every three months through the Rafah border in Egypt, but this time it was closed. And Egypt's treatment of Palestinians lately has not been the best."

Loubani, who came to Canada as a refugee from Palestine, was on his way to Gaza as part of an ongoing collaboration between Western University and Al-Shifa Hospital.

Greyson was tagging along as a filmmaker to do some exploratory work.

WITH FILES FROM TORSTAR NEWS SERVICE



A friend of Ammar Badie, the son of the Muslim Brotherhood's spiritual leader Mohammed Badie, who was killed Friday by Egyptian security forces during clashes in Ramses Square, cries while attending Ammar's burial in Cairo on Sunday. MANU BRABO/THE ASSOCIATED PRESS

## Reports differ in death of 36 prisoners

Security forces fired tear gas at a prison truck in Egypt Sunday in an attempt to free a police officer from rioting detainees, killing at least 36 suspects rounded up during street clashes between Islamist supporters of the country's ousted president and police, officials said.

The killed detainees were part of a prison truck convoy of some 600 people heading to Abu Zaabal prison in northern Egypt, officials told The Associated Press. Detainees in one of the trucks rioted Sunday night and managed to capture a police officer inside, the officials said.

Security forces fired tear gas into the truck in hopes of freeing the badly beaten officer, the officials said. They said those killed died from suffocating on the gas.

However, the officials' version of events contradicted state media reports. The official website of Egyptian state

television reported that the deaths took place after security forces clashed with militants near the prison and detainees came under fire while trying to escape. The official MENA state news agency also said the trucks came under attack from gunmen.

THE CANADIAN PRESS

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## Concerns rise

## Calgarians 'fed up' with prostitution near grade school

Calgary advocates and residents alike say a longstanding prostitution problem in one community has moved too close for comfort to an elementary school.

Art Sheeler has called for a crackdown on sex-trade workers and drug use in the southeast Forest Lawn area of the city for decades. In recent years, he said prostitutes have begun more regularly crossing to the north side of 17th Avenue SE and can now be seen frequently standing near Patrick Air-lie Elementary School.

"It's at all hours of the

day," he said. "I am just fed up with it."

Larry Leach, a candidate for Calgary Board of Education trustee in the upcoming October municipal election, said he's been hearing concerns similar to Sheeler's while door-knocking in a three-block radius around the school. He said "at the very least" security cameras should be installed in the vicin-

ity and hopes the school board is working actively with police and the community.

"We must be vigilant to make our schools safe for our children," Leach said. "This activity near a school is not acceptable."

Metro also spoke with five residents living in homes directly across from the school. All confirmed seeing what they believed

to be prostitution in the area and three said they were witnessing it more frequently in recent months.

Calgary police, meanwhile, say they have received complaints of prostitution near the school and have made patrol units in the area aware. So far officers have found no evidence to support the claims, according

to Sgt. Shanon Scott.

"It's obviously very concerning," Scott said. "We don't want any criminal activity anywhere in the city, especially not areas where children frequent."

Scott said warmer summertime weather tends to lead to a spike in prostitution and, with that, an increase in public complaints.

JEREMY NOLAIS/METRO IN CALGARY

# Om: Bikram yogis stay zen as founder hit with five lawsuits

**No sweat.** While controversy surrounding Bikram Choudhury heats up, devotees stay loyal and focused on their strenuous practice



EMILY JACKSON  
Metro in Vancouver

Yogis are bending, stretching and sweating as usual at Vancouver Bikram studios despite a scandal heating up around the practice's founder.

Five civil lawsuits alleging sexual assault and harassment have been filed against Calcutta-born, California-based Bikram Choudhury, creator of the 26-pose practice in rooms heated to 40.6 C.

None of the allegations have been proven in court, and Choudhury's lawyer has denied them, yet the

salacious accusations have rattled a community usually known for its peaceful mantras.

Bikram's yoga style has devotees and franchises around the world, including at least 62 in Canada, about a quarter of which are in the B.C. Lower Mainland.

But in the city where Lululemon started and where there seems to be a yoga studio on every corner, the bad press surrounding Choudhury hasn't had an impact on local business, Bikram Yoga Commercial Drive owner Christian Betancor Leon said.

"Whatever Bikram the man does is not going to affect the yoga one iota. The yoga is pure, it's clean," Betancor Leon said.

Betancor Leon, 38, knows from experience. When he first tried Bikram's yoga style at 25, he was recovering from a broken back and couldn't touch his knees. Now he's in "optimal

health."

"I opened my school because I believe in this yoga," he said, joined by a handful of students ready to brave 90 minutes of sweat at his bright studio early Sunday morning.

He's received a few Facebook comments questioning the lawsuits, but he hasn't seen a drop in business. He wasn't surprised, though, that some studios contacted for this article didn't respond to interview requests on the topic.

"There are people that are trying to disassociate from Bikram but still want to profit," he said.

And with membership fees of about \$100 per month, it can be a lucrative business.

To use Bikram's name, a studio must franchise with the Bikram Yoga College of India. In 2006, Choudhury told the Guardian newspaper he was making mil-



Studio owner Christian Betancor Leon and yoga teacher Jacob Lynch demonstrate poses at Bikram Yoga Commercial Drive in Vancouver. EMILY JACKSON/METRO IN VANCOUVER

# Cops mum on latest in Toronto mayor video scandal



Alexander (Sandro) Lisi, an occasional driver for Mayor Rob Ford. Lisi is reportedly a target of the investigation into attempts to retrieve an alleged video in which Ford smokes what appears to be crack cocaine. DALE BRAZAO/TORSTAR NEWS SERVICE

Toronto police aren't commenting on a report that they are investigating attempts by associates of Mayor Rob Ford to obtain an alleged video purportedly showing him smoking crack cocaine.

The mayor hasn't commented either, but his brother, city councillor Doug Ford, has denounced the Torstar News Service report as "just another attack" by the newspaper.

He also told an AM640 radio talk show Saturday that people are fed up with what he called "this tabloid garbage."

Torstar is reporting that two members of the mayor's

entourage were beating the bushes in the days after media reports surfaced that some journalists had viewed the alleged video.

The newspaper quotes a witness as saying an occasional driver and security guard for the mayor, Alexander (Sandro) Lisi, visited a group of known drug dealers and asked about the whereabouts of the people who made the alleged video.

Lisi's lawyer has confirmed his client is involved in a police investigation but would not give specifics.

The Torstar story says the mayor's logistics director, David

Price, was making phone calls inquiring about the video's whereabouts, but doesn't attribute the information.

Earlier this year, police launched a series of raids targeting gangs and one of the addresses raided was a Toronto apartment complex where the alleged video was reported to be located.

Police have refused to say if Ford was in any way part of the investigation.

The video has never surfaced despite a crowdsourcing attempt by online gossip site Gawker to raise \$200,000 to buy it. **THE CANADIAN PRESS**

## Does the video exist?

Days after the story of the video broke, Ford said he didn't use cocaine and couldn't comment on a video he hadn't seen or that didn't exist.

- But the Torstar News Service has previously reported that the mayor is said to have told close confidants that he knew where the video was and provided two addresses.



# Twitter tests out tie-in to trending television shows

**Social TV.** Some mobile users report seeing new banners that highlight talked-about programs

If you're not sure what to watch on television, don't worry — Twitter wants to help. Some Twitter users saw a new banner stuck at the top of their newsfeeds last week when browsing the site on mobile devices.

The new banners are designed to feature a TV show that's trending on Twitter, meaning that a lot of people are talking about it. The banner includes information about how many people have mentioned it in their tweets, what time the show airs and on which network, and makes it easy for users to figure out how to participate in the conversation or tweet at a show's stars.

It's the latest attempt by the social media website to make watching TV a social pursuit and convince people to tune into live TV by making them feel as if they're missing out on something.

It's more than just telling people what's on, it's also suggesting what people might like.

Twitter tries out a number of



Twitter user ASG posted a screenshot of a new banner that appeared on his newsfeed this week. It shows users which TV shows people are talking about, when it airs and what channel it airs on. TORSTAR NEWS SERVICE

experiments on small numbers of users and wouldn't comment on this specific test. "We're always looking for ways to make watching TV along with Twitter more fun and more engaging," said Twitter spokeswoman Rachael Horwitz.

In a blog post on Friday, Twitter pointed to reality show Duck Dynasty as an example of success in marrying TV watch-

ing and tweeting, and creating real ratings from that marriage.

The show's Season 4 premiere was watched by nearly 12 million viewers on Wednesday, making it the "most-watched non-fiction series telecast in cable history."

On Twitter, there were 325,631 tweets about Duck Dynasty on the same day.

TORSTAR NEWS SERVICE

## Growth forecast

### EU recovery is good economic news for Canada

Canada's economy looked anything but world-beating during the first half of 2013, but economists say the restraints that have handcuffed exports and jobs growth are starting to break.

The biggest confidence booster may be the news that the troubled Eurozone burst out of a prolonged recession earlier than expected, posting a modest but still significant 1.1 per cent annualized expansion in the second quarter. As CIBC chief economist Avery Shenfeld notes, with Canadian exporters fixated on the U.S. and China, it's easy to ignore the potential good a resurgent Europe could bring. **THE CANADIAN PRESS**

## Organic claims. Lettuce beg to differ: Small farms prefer alternative label

New York state farmers Justine and Brian Denison say they adhere to all the growing practices required for organic certification, yet if they label their beans and tomatoes "organic" at the farmer's market, they could face federal charges and \$20,000 US or more in fines.

Because the Denisons chose not to seek organic certification by the U.S. Department of Agriculture, the Denison Farm, which has been under organic management for more than 20 years, is banned from using that term.

So they and hundreds of other small direct-marketing farms across the country have adopted an alternative label:

Certified Naturally Grown.

Started by a group of organic farmers in New York's mid-Hudson Valley as a backlash against federal takeover of the organic program in 2002, Certified Naturally Grown has expanded over the past decade to include more than 700 farms in 47 states, executive director Alice Varon said.

Many small farmers previously certified organic by an independent organization have declined to participate in the federal program.

They voice a variety of objections including extensive record-keeping requirements and fees that can amount to six per cent of a small farm's gross sales. **THE ASSOCIATED PRESS**

# iTunes FESTIVAL



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# COMPASSION FATIGUE ... LOOK IT UP

So ... Trevor Zinck has "compassion fatigue." His problem is not that he defrauded taxpayers of \$9,000 by stealing money destined for charities, and sponsorships, and poured it down the bottomless drain of casino gambling.

Nor is his problem that he suffers from an all-too-commonplace gambling addiction, which he needs to acknowledge and seek treatment for.

No, Trevor Zinck's real problem is that he ... cares too much.

"It's not malarkey," Zinck insisted last week after his lawyer managed to put off the former MLA's day of legal reckoning one more time by raising the red compassion-fatigue flag of convenience.

"I can't tell you what it is," Lyle Howe acknowledged. "I'm not an expert. [But] it's something that Trevor feels like is relevant and that he wants to explore with an expert."

It's been a month and a half since Zinck knee-capped his promise of a vigorous defence of the criminal case against him by



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

copping to charges of fraud and breach of trust instead. He's apparently been using that time to scour the Internet for ways to avoid and evade responsibility.

Enter compassion fatigue.

"Go on the websites ... go in and type 'compassion fatigue,'" Zinck instructed skeptical reporters.

Wikipedia says compassion fatigue, which has been diagnosed since the 1950s, involves "a gradual lessening of compassion over time," particularly among "persons who are overly conscientious, perfectionists, and self-giving."

As self-description at least, that shoe fits Zinck.

The syndrome is most "common among individuals that work directly with trauma victims such as nurses, psychologists, and first responders." Politicians? While the designation of those who may suffer from the condition has broadened over the years to include other "caring" professions, politicians —

## OMG, so exhausting

**Zinck didn't realize he was suffering from compassion fatigue because he was too busy being compassionate.**

perhaps not surprisingly — have yet to make the cut.

Zinck is not deterred. And he can even explain why he is only now discovering this self-serving explanation for his self-destructive behaviour.

"Part of the diagnosis," he explains, "is that you put off taking care of yourself."

In other words, Zinck didn't realize he was suffering from compassion fatigue because he was too busy being compassionate.

Whatever deeper explanations there may be for his behaviour — and there may well be — Zinck has to begin by acknowledging he has a problem, not just a condition.

## ZOOM

# Here comes the shock wave



ZAK NOYLE/A-FRAME

## Garbage mars surfing photo

This is hardly a surfer's paradise. The startling image shows pro surfer Dede Suryana braving a trash-infested wave in Indonesia. Zak Noyle, a staff photographer for Surfer Magazine based in Honolulu, Hawaii, took the picture at a remote location in south Java, an area usually noted for its crystal-clear waters. **METRO**

## Q and A

## 'A wake-up call for all of us'



**ZAK NOYLE**  
Staff photographer for Surfer Magazine, 28, from Honolulu, Hawaii

**What was the wave like?**  
There were food wrappers, tree branches, even soccer balls. It was like being inside a washing machine of trash.

**Did all the debris make the photo difficult to take?**  
Yes — there were tree trunks the size of a car that we had to push through before Dede could go on and surf.

**How did seeing the polluted water make you feel?**  
Very sad. There was so much trash that the four of

us had no chance of cleaning it up ourselves. These waters are normally pristine so I was shocked to see this.

**Others may indeed share the same sentiment ...**  
Absolutely. As a photographer, I want to be able to spark awareness in people's minds. I hope this photo will be a wake-up call for all of us to keep our oceans clean.

## Worth mentioning

## New Lego robots excite techies in Silicon Valley

Few are more excited about Lego's new Mindstorms sets rolling out next month than Silicon Valley engineers.

Many of them were drawn to the tech sector by the flagship kits that came on the market in 1998, introducing computerized movement to the traditional snap-together toy blocks and allowing the young innovators to build their first robots. Now, 15 years later, those robot geeks are entrepreneurs and designers, and the colourful plastic bricks have an outsized influence in their lives.

Techies tinker at Lego play stations in workplaces. Engineers mentor competitive Lego League teams. Designers use them to mock up larger projects ideas. And executives stand Lego creations on



**A robotic Lego Mindstorms unit gathers cardboard rolls in Stanford, Calif.** THE ASSOCIATED PRESS

their desks alongside family photos.

"Everyone I work with played with them as children. We sit around talking Lego. It's a shared common experience," said Travis Schuh, who reaches into his bin of plastic blocks when he needs a quick prototype at the Silicon Valley medical robotic firm where he works.

The new Mindstorms sets, designed for kids over 10, are simpler for the younger crowd and more versatile for sophisticated users than two earlier versions.

THE ASSOCIATED PRESS

## Comments

**RE: Tim's Needs Lid Adjustment: Customer Grumbles, published Aug. 15**

I noticed too that the drippy seam is a problem, where the seam meets the lid. But the lid still leaks while carrying. They used to fill your own mug, until they started selling their own mugs (by mug I mean those insulated travel mugs). Perhaps the leaky cup is designed to leak.  
**ijdfc posted to metronews.ca**

For the most popular, wealthiest coffee chain in this country, I tend to agree that all flaps and seams aside, you would think after 25 years they would invest in a more professional, travel-friendly lid system.

Where the heck was I... Sub-way, I think, had a simple turn-based coffee-cup lid that turns a small second layer to cover the opening and seals with just the tightest seal on the cup.

**Facilalilaty posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



# The Harry Potter generation

## Mindful muggles.

Scholar takes a look at how the famous series shaped Millennials who have adopted some of the positive lessons from the story

BAPTISTE  
BARBE

Metro World News

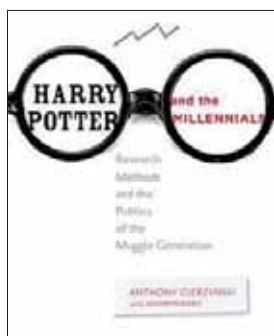
Political science professor Anthony Gierzynski has analyzed the influence of Harry Potter on youngsters in the United States. Here a few thoughts from the author of *Harry Potter and the Millennials: Research Methods and the Politics of the Muggle Generation*.

### You wrote three books about U.S. politics. How did you get the idea of mixing your previous studies with the Harry Potter phenomenon?

I have long had an interest in, and speculated about the role of entertainment media in politics, sparked by movies like *Do the Right Thing*, *Star Wars*, *Independence Day* and movies portraying the U.S. President as an action hero in the 1990s, the portrayal of politicians in movies and TV (which is nearly universally negative), the different *Star Trek* series, and, more recently *Battlestar Gallactica* (which is rich with politics), and so on. And, I have had many conversations with my students about the subject and ultimately decided to design a class whose purpose would be to investigate entertainment media effects. The first few semesters of the class we ran experiments, conducted surveys, and collected qualitative data on the effects



Children wait outside Waterstones book shop, Europe's largest bookstore, for the launch of *Harry Potter and the Order of the Phoenix* on June 20, 2003 in London. GETTY IMAGES



of entertainment media such as *Star Wars*, *The Simpsons* and *South Park*, and overall TV viewing habits (some of that research is reported in this book), before doing the Potter research.

**I also guess you read the books and watched the movies. Have you been influenced by this kind of phenomenon at your time (*Star Wars*, etc)?**

I am a fan of Harry Potter, but I am a Gen Xer, not a Millennial, so other entertainment media that I was exposed to in my formative years — yes, *Star Wars*, the Lord of the Rings books, *Saturday Night Live*, and *Star Trek* were the main sources of entertainment media influences for my political socialization.

**One the main points of your book is that you chose people who grew up with the characters over a long period (10-15 years). Thus, you note that the Millennials read it during their most politically vulnerable and formative years. Your study shows that fans have transposed some lessons/values from the series (equality, tolerance, commitment, loyalty, diversity, anti-violence/anti-torture) into their real life. Can you tell us more about these observations?**

The key thing is that, while the Potter series was a story designed to entertain, the nature of the story (and indeed any story) is that the characters learn certain lessons as the plot moves along and exhibit certain characteristics. As we become immersed in the story and identify with characters we tend to internalize those lessons and sometimes adopt those characteristics for our own. So, Harry and his friends evince an aversion to violence, fight for tolerance and equality and oppose oppressive authority and we found fans had similar traits on those very attitudes.

**Could Harry Potter keep continuing to have this kind of impact — for example, *Star Wars* is still popular many decades after the first movie?** Possibly — I still have students who are Potter fans. The next generation, however, may

adopt a different entertainment phenomenon.

### Will there be another study in the future in order to go further? Do you want to keep working on this subject?

Yes. At the end of the book I have a website address for readers to tell me their stories about Harry Potter or any other entertainment sources and their political effects in order to gather more qualitative data to see whether there is additional support. I am also working on other research projects on entertainment media effects that utilize experimental designs that can establish causal relationships. I will be submitting to a journal this fall a paper I presented at a political science conference that looks at how villains of science fiction, fantasy and superhero genres affect views about criminal justice and terrorism policy.

2  
SCENE

**TOP SIX @ 6**  
Weeknights at 6 Jax counts down the HOTTEST songs of the day

- 6 Katy Perry Roar
- 5 Imagine Dragons Radioactive
- 4 Avicii Wake Me Up
- 3 Macklemore Same Love
- 2 Miley Cyrus We Can't Stop
- 1 Florida-Georgia Line ft Nelly Cruise

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Bynes moves facilities for better psychiatric care: Source

Amanda Bynes has been moved from the psychiatric unit in Ventura County, north of Los Angeles, where she's spent the last two weeks and has been admitted to the UCLA psychiatric facility — and she's expected to stay there for at least two months, according to Radar Online. "Amanda needed specialized medical attention that she wasn't getting," a source explains. "It's expected that Amanda will remain at UCLA for the next two months because she has very complex mental health issues that need to be dealt with. It will also take a significant chunk of time to get Amanda ... on several prescriptions for her condition — and to make sure it's working properly."

METRO WORLD NEWS



Chris Brown ALL PHOTOS GETTY IMAGES

## More community service added to Brown's sentence

Chris Brown isn't quite in the clear yet. As part of a negotiation to get the Los Angeles District Attorney to not rescind his probation over a recent hit-and-run charge, the singer must instead serve an additional 1,000 hours of community service, according to

E! News. Brown can fulfill the extra requirement doing beach cleanup or graffiti removal or taking part in a probation alternative work program. He is currently serving probation over his 2009 assault of Rihanna and will be on probation until Aug. 24, 2014.

### Twitter



@AnnaKendrick47

I suspect the only time Brits actually do the kiss-on-each-cheek thing is with visiting Americans bc they know it will make us feel cultured



@TheRock

Be intense. Be hungry. Be prepared to get kicked outta the gym.



@josswhedon

I do not fear death. I only fear MINE.



@ladygaga

To the critic who speaks before they bang the gong: a fool you are I say! I've not even begun my song!



Dustin Johnson and Paulina Gretzky

## Gretzky and golfer Dustin Johnson announce engagement

Paulina Gretzky and golfer Dustin Johnson announced their engagement on Sunday through their popular Twitter accounts. Johnson posted a photo of Gretzky's hand with an engagement ring on her finger with the caption "She said yes!!!" Gretzky, the daughter of hockey legend Wayne Gretzky, retweeted the picture and several congratulatory messages from friends and family.

"Congrats to my sister @PaulinaGretzky and @DJJohnson-PGA on the engagement. Love you guys," tweeted Trevor Gretzky, Paulina's younger brother and a prospect in the Chicago Cubs organization. Johnson is a professional golfer on the PGA Tour. **THE CANADIAN PRESS**



Ethan Hawke

## Hawke's brain wasn't ready for marriage

Ethan Hawke definitely thinks he was too young to marry Uma Thurman back when he was 27, according to Elle magazine. "There was this discovery that the male brain isn't done until 28. I definitely think my frontal lobe was not finished," he tells the magazine. "I had no business taking vows that would last more than two weeks." In his defence, Hawke says he was looking to use marriage as a way to gain some sense of control over his life. "Success when you're young is really overwhelming. The world felt out of control and I wanted to stop it from spinning so fast," he says.

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**SIMON PEGG** **NICK FROST**

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### Water safety

## Drowning risk highest on hot days

In books and movies, drownings almost always seem to occur in bad weather. But the perception isn't actually accurate, a new study suggests.

The work, by researchers from the University of Toronto and Sunnybrook Health Sciences Centre, says the risk of drowning outdoors is nearly 70 per cent higher on days when the mercury climbs to 30 C or above.

Lead author Dr. Michael Fralick and his co-authors

drew data from records on 1,243 drownings recorded by Ontario's Office of the Chief Coroner. The deaths took place in the province between 1999 and 2009.

Most of the drownings took place during the summer months. And most of the people who drown did so

while taking part in recreational activities.

In the vast majority of cases, personal flotation devices were not used. They were either not present (80 per cent of cases) or not worn (11 per cent of cases). Most of the drownings took place in open water. **THE CANADIAN PRESS**

### Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with **Reasons Mommy Drinks** at [metronews.ca/voices](http://metronews.ca/voices)



# The business of being mom

**Opting out.** Many women who decided to stay at home with their kids may have actually sharpened their business skills



**IT'S ALL RELATIVE**  
Kathy Buckworth  
[Kathybuckworth.com](http://Kathybuckworth.com)

Ten years ago the phrase "opting out", became a part of the lexicon, due mostly to a New York Times op-ed piece called The Opt-Out Revolution.

Written by Lisa Belkin, it was about the growing trend of women dropping out of high powered careers in order to stay at home with their families.

Flash-forward a decade, and many of these women are finding themselves in a position, often but not limited to personal finance challenges, to want to opt back in to the work force.

But how can they update their skills and subsequently their resumé after having missed out on arguably the biggest changes in "work" during this fast forward technology driven 10-year period?



Being home with the kids may actually improve some of your business skills. **ISTOCK**

While being at home with the kids likely won't replace the skills and knowledge gained by working corporately, I would argue that it could actually hone the following handy talents:

### Time management

Moms are pros at executing work schedules which will have kids dressed, fed, and on the soccer field on time.

### Project management

Having milestones come together to complete a business objective is literally child's play after mastering the art of changing a baby's diaper while disciplining a preschooler and supervising homework.

### Crisis management

If dealing with the aftermath of baby's first smoked

fish meal, a faulty diaper and an ill-timed mommy and me swimming class don't constitute a "crisis", I don't know what does.

### Risk management

Making a decision guaranteed to be unpopular with at least one of your children while minimizing the inherent risk of a total meltdown is a pure mom talent.

### Financial management

When one income is eliminated to stay at home with the kids, the expenses associated with raising said children increase at approximately the same ascending rate. From diapers to school trips, "indoor runners," hockey equipment and other assorted sundries, managing the finances and determining a return on investment for your family sharpens mom's budgeting skills daily.

The best news? The steepest learning curve for many has been social media. The explosion of mommy blogs happened around the same time as the opting out began, and this educated, driven, and ambitious demographic is one of the savviest when it comes to using Twitter, Facebook and Pinterest.

Instead of dismissing a Tweet about an explosive bowel movement by "just" a mommy blogger, it's really an insight into containment strategy from a communications expert.

**KATHY BUCKWORTH'S LATEST BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE EVERYWHERE FROM RANDOM HOUSE, AND HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION.**

## The art of bedtime stories

Don't tell lies like the boy who cried wolf and don't worry about being last, because the tortoise and hare proved that slow and steady wins the race.

We all remember these lessons from childhood tales, but how do we make our own stories memorable for children?

That is where Ty Bennett's new book, *The Power of Storytelling: The Art of Influential Communication* comes in.

### Craft a conflict and solution

While telling a bedtime story to his two-year-old, Bennett adopt-

ed the "struggle to solution" technique after the response of his child saying, "That's not a story; there's no bad guy."

"There's something about conflict that engages us emotionally," Bennett says. "The struggle is the hook."

So once you successfully hook your listener, you have acquired the power to provide them with a solution that can serve as a story worth remembering.

"If you connect with the problem," Bennett says, "and the person who is hearing

the story resonates that, then they're going to want to adopt that (solution) into their life."

### Lessons serve kids and adults

According to Bennett, storytelling is also the most influential form of communication.

"Regardless of what you do for a living," says Bennett, "you're going to need to communicate with people, and the more influential you become, the better that communication becomes, the more influence and impact you can have on people's lives."



Teach kids life lessons through stories. **ISTOCK**

So maybe in your next job interview, you will tell a remarkably memorable story that will make you relatable and stand out. Or maybe you

will teach your kids to just say no to the negativity around them through an experience you went through. **JULIE KAYZER-MAN/METRO WORLD NEWS**

3 TIME

# Infuse culture into Pulled Chicken with Asian flavours

1. Preheat a grill or a skillet to medium. In a bowl, mix barbecue sauce, miso and five-spice powder until well combined.

2. Prepare vegetables: chop green onion, cut snow peas into strips and thinly slice lettuce or Chinese cabbage.

## Ingredients

- 1/4 cup (60 ml) barbecue sauce
- 1 1/2 tsp (7 ml) miso
- 1/4 tsp (1 ml) Chinese five-spice powder
- 1 green onion, chopped
- 1/2 cup (125 ml) snow peas, cut into strips
- 1 cup (250 ml) lettuce or Chinese cabbage, thinly sliced
- 6 boneless, skinless chicken thighs
- 4 to 6 whole wheat or multi-grain hamburger buns
- 4 to 6 slices of Canadian Gouda



This recipe serves four to six people. DAIRY FARMERS OF CANADA

3. Use a large spoonful of sauce to coat the chicken and reserve the remaining sauce. Cook chicken on the grill for 12 to 15 minutes, or in a skillet for 6 to 8 minutes, until thoroughly cooked. Let cool. Meanwhile, add green

onion and snow peas to remaining sauce.

4. Shred chicken and add to sauce.

5. Open hamburger buns, place cheese on bottom

halves and heat on grill or skillet.

6. Divide mixture among buns and garnish with Gouda and lettuce or Chinese cabbage. DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

## Lunch. Toasted Parmesan Tomato Bread

1. Heat the oven to broil.

2. In a small bowl, combine garlic, rosemary, olive oil, salt and black pepper, to taste. Mix well, then use back of heavy spoon to mash garlic and rosemary to form paste. This also can be done using a mortar and pestle. The rosemary won't mash well; this is fine.

3. Spread quarter of mix over one side of each slice of bread.

4. Slice 2 thick slabs out of centre of each tomato. Reserve tops and bottoms of tomatoes for another use. Set 2 slabs over each piece of bread. Shave some Parmesan over tomatoes on each slice. Set assembled bread on a baking sheet and

## Ingredients

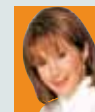
- 4 cloves garlic, minced
- 1 sprig rosemary, finely chopped
- 1/4 cup olive oil
- 1/2 tbsp kosher salt
- Ground black pepper
- 4 large, thick slices sourdough
- 4 large tomatoes
- 3 oz Parmesan cheese

broil on the oven's middle rack until the cheese is just starting

the brown, about 2 to 3 minutes. Serve. THE ASSOCIATED PRESS

## Healthy eating

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## Reese's Peanut Butter Cups Sundae (12 oz/340g)

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# Encouraging at-home expletives? I swear this mother is being serious

**Kids say the damndest things.** Windsor author tells parents why this unspeakable language is important to learn

LUKE  
SIMCOE  
Metro Online

When Kim Lunansky was growing up she got the proverbial soap treatment if she was caught swearing, but now that she has kids of her own she prefers to wash their mouths out with common sense.

The Windsor-based author lets her three children, aged five to 13, swear at home and has spent many nights talking with them about the uses and abuses of language.

"My husband doesn't



think you should let your kids swear at all, but I'm kind of the opposite," she said. "You need to teach them what words mean, and they need a safe space to learn to use that vocabulary appropriately."

Lunansky has written a book about her adventures in adolescent cussing, ap-

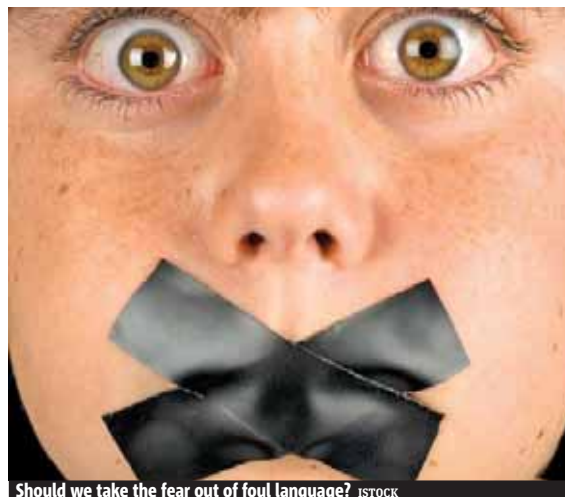
propriately entitled *How to Teach Your Kids to Swear*. More of a treatise than a how-to guide, the book chronicles her attempts to teach her kids to consider things like audience and context before dropping an F-bomb.

"It's a lot like teaching your kids how to dress," she said. "You wouldn't let them go to a wedding wearing short jean shorts and a tube top."

Lunansky's rule of thumb is that it's OK to swear so long as it's not going to offend anyone within earshot.

"We've come to a place in our language where swearing is pretty common," she said. "So if one of my kids comes home and says they had a s---y day at school, I'm not going to go off the deep end about it. Maybe they had a bad day."

There are moments



Should we take the fear out of foul language? ISTOCK

where Lunansky is less forgiving, like the time her son — upset after his sister dressed up his Star Wars figures like Barbie dolls — interrupted a Christmas meal with a diatribe fit for

a sailor.

"He was just stringing

cuss words together," she said. "I don't even think it made sense."

After excusing herself from a table full of slack-jawed relatives, Lunansky took her son aside, gave him a time out and tried to impress upon him that swearing in front of extended family might not be the best idea.

Lunansky admits her approach is controversial, but says it's an improvement over simply making swear words verboten.

"If you make something taboo, it attracts kids like a magnet," she said. "It creates a cycle where maybe they won't do it in front of you, but they'll do it everywhere else to see how people react."

## Set up your own fast track stop sign

**Waiting for that big break?** Don't delay. Even millionaire moguls need to unplug and unwind

DAN  
SCHAWBEL  
Metro World News

David Bach is the bestselling author of *The Automatic Millionaire*, — a book that has advised millions of people on financial success — as well as a contributor to the Today show and a motivational speaker. I caught up with Bach while he was on sabbatical to find out why he took some time off, what he learned from it and why summer is as good a time as any to look for a job.

**You made a major decision last year to take a sabbatical for 2013 — what led to that and how is it going?**

Last year after writing a dozen books in 10 years, doing thousands of speeches and thousands of television and media appearances, running a company and travelling more than half a million miles, I reached

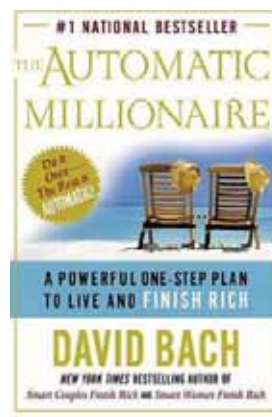


a point where my soul said "Enough is enough; you need and deserve a serious break." It was hard to listen to my soul, being addicted to "doing it, doing it, doing it." Deciding to take a sabbatical was truly one of the most difficult decisions I have made in my 25-year career. It was ultimately probably one of the most important decisions, and the best I have ever made. I can't believe how refreshed, re-energized, relaxed, present and creative I now feel.

**How did you unplug?**

It's about learning to say, "No," which is incredibly difficult when your life has been about saying, "Yes." My answer to everything has been simple: "Sorry, I am on a sabbatical and not working until the end of 2013." The response almost universally has been, "That's amazing, good for you; I wish I could do that, too." I'm learning from this experience that people really need and want a break more than they realize or share.

**Do you think summer is a**



**good time to look for a job?**

It's really not about a time to look for a job — it's about you being in a place to be of the most value to the largest number of people. Employers are always looking for great employees that can help them grow their business.

What is unique about summer is that many business owners and even large companies are now planning for 2014 — so getting in now and talking to people who are hiring while they are slower can be the perfect time to connect and make an impression.

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# Zach Fucale excited to rejoin the Mooseheads

**NHL draft pick.** The Herd's starting goalie ready for another standout season after a busy summer



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

It's been a mind-bogglingly busy summer for Zach Fucale, but the Halifax Mooseheads' No. 1 goalie isn't complaining.

After a superb Memorial Cup-winning performance last spring, the 18-year-old embarked on an epic off-season, participating in Hockey Canada's goalie development camp, the NHL draft combine, the draft itself, where he was selected 36th overall by the Montreal Canadiens, plus the Habs' development camp.

To top it off, earlier this month he joined Team Can-

ada's world junior development camp in Brossard, Que., and Lake Placid, N.Y.

"It's not been much of a summer," he said with a laugh.

On Friday, he arrived in Halifax. On Saturday afternoon there he was at the Halifax Forum watching the Herd's preseason opener against the Cape Breton Screaming Eagles.

"I also spent time relaxing at home with my family and I did all the things I needed to do to come back sharp for this season," said Fucale.

There was nothing complicated about Fucale's summer training regime. Rather, he said it was about revisiting the basics of goaltending.

"I'm well rested to face

the challenges this season. I just want to keep going in the right way."

One of his goals will be earning a spot on Team Canada's world junior roster. He knows performing well in the first month of the season will go far in making that happen.

"But I know I just have to keep on doing what I've been doing: playing hard and stopping pucks, and things will work out well for me."

As for his transition to the NHL, he says the Habs are preparing to take his development in stride.

"They just want me to have a good attitude, continue to be very positive and just keep developing," he said.

"It's a long road to becoming who you really are."



Zachary Fucale of Team Canada makes a save against Team Sweden during a junior hockey evaluation camp game in Lake Placid, N.Y. on Aug. 8.

BRUCE BENNETT/GETTY IMAGES FILE

## Back between the pipes

"Being with the guys and the team, it's certainly what we live for; playing hockey, winning games and having fun. It's finally starting again."

Mooseheads goalie Zach Fucale on returning to Halifax following a hectic offseason

## Tough cuts ahead for Herd after big wins



The Mooseheads' Andrew Shewfelt, right, celebrates with Liam Alcalde after his game-tying goal in the second period at the Cape Breton County Recreation Centre in Coxheath on Sunday. ERIN POTTIE/CAPE BRETON POST

### U-21 baseball

#### Dartmouth Juniors earn bronze

Team Nova Scotia beat Quebec 7-1 to win bronze at the Canadian under-21 baseball championship on Sunday at Beazley Field. The host Dartmouth Juniors broke the

game open with a four-run first inning, adding a pair of runs in the fifth inning and one more in the sixth.

Codey Shrider pitched a three-hitter in seven innings and led the way at the plate with a pair of hits and an RBI. The Juniors finished tournament with a record of 4-2.

ANDREW RANKIN/METRO

Dominique Ducharme and the Halifax Mooseheads' brass have some very difficult decisions to make.

The Herd's head coach was more than impressed after seeing his squad open the preseason with back-to-back weekend victories over the Cape Breton Screaming Eagles.

"There were a lot of good surprises," said Ducharme. "Everyone's really making it hard for us."

A day after convincingly beating Cape Breton 7-3 at the Halifax Forum, the Mooseheads earned a come-from-behind 3-2 shootout victory

against their provincial rivals in Coxheath on Sunday.

"Cape Breton had a pretty good lineup and the guys battled hard," said Ducharme.

Daniel Moynihan finally got the Mooseheads on the board less than a minute after the Herd found themselves in a 2-0 hole early in the middle frame.

He also assisted on the game-tying goal courtesy of Dartmouth's Andrew Shewfelt, with just under eight minutes to go in regulation.

Shewfelt scored the game winner in the fifth round of the shootout.

Kevin Darveau and Jean

Phillipe-Brais split goaltending duties for the Herd with Brais giving up both goals.

Gareth Nicholson and Julien Pelletier rounded out the scoring for Cape Breton.

The other Moynihan brother (Connor) shone in Saturday's victory. The towering forward had a goal and an assist along with Brendan Duke and Luca Ciampini. Vincent Watt, the Herd's 2013 fourth round pick led the Mooseheads with a goal and two assists.

Several returning Mooseheads sat out both games along with import picks Timo Meier and Nikolaj Ehlers.

ANDREW RANKIN/METRO

### Women's basketball

#### N.S. native lights up Brazil in Super Four win

Justine Colley scored 22 points as Canada's senior women's basketball team edged Brazil 56-53 to win

the Super Four International Tournament on Sunday in Sao Carlos, Brazil.

Colley, from East Preston, N.S., made four three-pointers and added three rebounds and three steals. Miranda Ayim of London, Ont., scored 13 points and tied Kalisha Keane of Ajax, Ont., for a team-high five rebounds.

Brazil led 22-17 at halftime but Canada rebounded with a 9-5 run to start the third quarter. Canada also defeated Argentina and Puerto Rico at the four-team tournament ahead of the FIBA Americas Championship for Women that runs Sept. 21-28 in Xalapa, Mexico.

THE CANADIAN PRESS



## Horoscopes

### Aries

March 21 - April 20

Something you see or hear today will shock you but if you dig a little deeper you may find it is not nearly as outrageous as you first thought.

### Taurus

April 21 - May 21

Whatever you are working on, personally or professionally, you must be free to do it your own way and at your own speed. Anyone who tries to interfere must be told quickly to mind their own business.

### Gemini

May 22 - June 21

You have your own way of doing things and you have no intention of changing just to please other people. In fact, if someone tries to tell you what to do today you will no doubt delight in doing the opposite!

### Cancer

June 22 - July 23

Do something different as the new week begins, something that makes the world around you sit up and take notice. Cancer is a cardinal sign and therefore born to achieve things.

### Leo

July 24 - Aug. 23

If old methods and routines are getting you nowhere by all means try something different. It may be hard, at first, stepping outside your comfort zone.

### Virgo

Aug. 24 - Sept. 23

Everything you say will be taken seriously today, even when it should be obvious that your tongue is very firmly in your cheek. With that thought in mind be careful what comes out of your mouth.

### Libra

Sept. 24 - Oct. 23

You have the knack of seeing things which other people have managed to miss and if you are smart you can use it to make some serious money over the next few days.

### Scorpio

Oct. 24 - Nov. 22

Ignore deadlines and rules and do things at your own speed and for your own enjoyment. Who is going to complain? You'll be a law unto yourself during the early part of the week.

### Sagittarius

Nov. 23 - Dec. 21

As usual your ideas seem to be opposed to what most other people think and, as usual, you are right and they are wrong. That may not, of course, be true but you believe it with such conviction it doesn't matter!

### Capricorn

Dec. 22 - Jan. 20

You may feel strongly about a certain issue but that does not mean you can just ignore what other people say if their views and your views do not coincide.

### Aquarius

Jan. 21 - Feb. 19

Don't waste time on idle gossip as the new week begins as there are far more important issues you should be dealing with. On the work front, especially, sudden changes may lead to new opportunities.

### Pisces

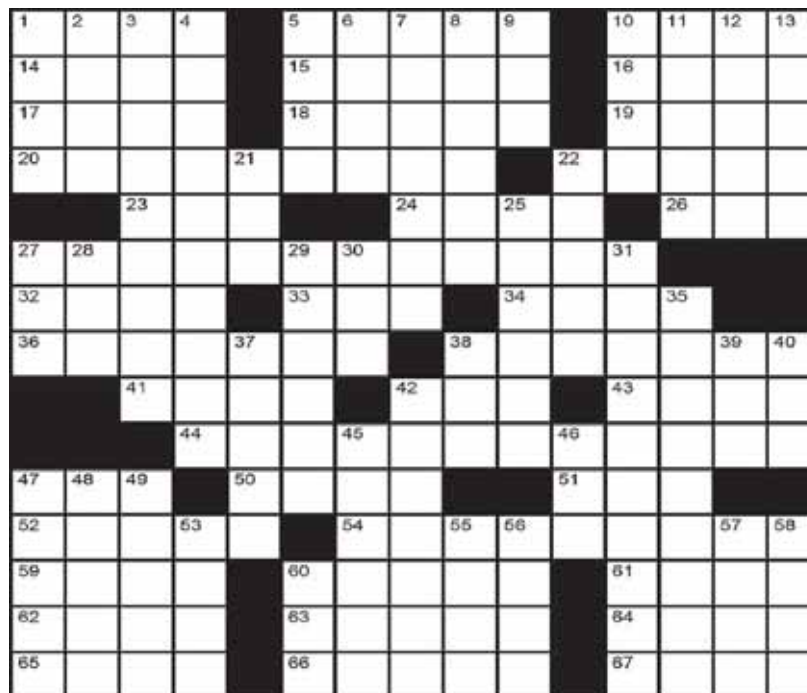
Feb. 20 - March 20

Someone close will say or do something completely unexpected today and to begin with you may not know how to react. They may surprise you, they may even annoy you, but you have to admit they caught you out big time. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Ran, as clothes colours
5. Clean the kitchen floor again
10. Stinging bug
14. 1971 Neil Diamond hit: "\_\_\_ \_ Said"
15. Doing quite well at
16. Mom in For Better or For Worse
17. Wisecrack, variantly
18. Puccini opera
19. Wing-shaped
20. How early auditions are sung on "American Idol": 2 wds.
22. Spruce \_\_, Alberta
23. Glamorous getaway
24. Mont Blanc, par exemple
26. Cowboy singer Mr. Ritter
27. Car manufacturing factory feature: 2 wds.
32. Movie genre, Film \_\_
33. Three-toed sloths
34. "America's \_\_ Top Model"
36. Like shoes to match bridesmaid outfits
38. With time \_\_ (In no hurry): 2 wds.
41. Earth's crust's



- upper layer
42. 'Tutor' suffix
43. Physical activity, for short
44. Bridezilla's aspiration: 2 wds.
47. Golfing norm
50. Engrave
51. Red carpet walker, e.g.
52. Contests of ancient Greece

54. City in BC
59. Joni Mitchell album
60. Dancing garbs
61. Shakespeare villain
62. Establishment's emblem
63. Try something out: 2 wds.
64. Burden
65. \_\_ Sound, ON

66. \_\_-Bismol
67. Tidy

### Down

1. "It's not that \_\_ deal really."
2. Secular
3. Sites for political asylum seekers sometimes
4. WWII: Military operation of August

- 19th, 1942: 2 wds.
5. Pace
6. Environmental sci.
7. Loses
8. Available, as a physician: 2 wds.
9. Tiger Woods org.
10. Wash-and-\_\_
11. Dispense
12. Great \_\_ Lake, in NWT
13. Heat-resistant

- glassware
21. Ms. Anderson, to pals
22. Dance legend Mr. Kelly's
25. Grounded-up-corn mixture
27. Moreover
28. Type of milk or sauce [var. sp.]
29. The National \_\_ of Canada
30. Don't truth-tell
31. Organized journey with a purpose
35. Type of aircraft: 2 wds.
37. Unmasks
38. Spotted, to Tweety Bird
39. Stimp's cartoon co-star
40. Unit of work
42. Revered architect of ancient Egypt
45. Make a blaming claim
46. Gladiator's 506
47. Art's Mr. Picasso (b.1881 - d.1973)
48. Radiant
49. Red: French
53. City light
55. Give up
56. "Would you like \_\_ get you anything?" (Group-to-person query)
57. Water: Spanish
58. The bulk
60. Rapper Mr. Sha-kur, for short

## Friday's Crossword

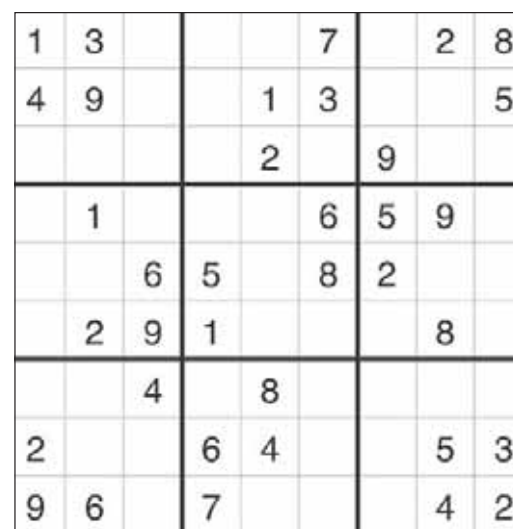
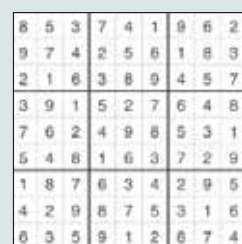


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



**Today**

25°/16°  
Mainly sunny

**Tuesday**

24°/15°  
Thundershowers  
70%

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